

## ACTIVITIES & PROGRAMS



The Senior Center located in Twin Pines Park offers daily activities for the Seniors in our community. Information for free transportation, programs, and activities can be found at the Senior Center or online at the [www.belmont.gov](http://www.belmont.gov). Or call 595-7444 and ask about the "Senior Tales" activity guide.

**Sequoia Hospital offers a free, community-based fall prevention program which works to help seniors improve balance, strengthen muscles, manage medications and learn strategies for fall prevention and home safety. For more information, contact Sequoia Hospital. (650.367.5998) or [www.leticia.rolan@chw.edu](mailto:www.leticia.rolan@chw.edu)**

## CONTACT INFORMATION

Belmont Senior Center  
650.595.7444  
[www.belmont.gov](http://www.belmont.gov)

Sequoia Hosp. Fall Prevention  
650.367.5998  
[www.leticia.rolan@chw.edu](mailto:www.leticia.rolan@chw.edu)

Adult Protective Services  
San Mateo County  
650.573.3900  
1.800.675.8473 - Hotline 24 hours  
[www.co.sanmateo.ca.us](http://www.co.sanmateo.ca.us)

Adult Abuse Prevention  
650.573.3900

Meals on Wheels (Belmont)  
1.800.675.8437  
[www.meals-on-wheels.org](http://www.meals-on-wheels.org)

## Belmont Police Department

1 Twin Pines Lane  
Suite 160  
Belmont, CA 94002  
Phone: 650.595.7400  
Fax: 650.593.0265



## BELMONT POLICE DEPARTMENT

### Senior Assistance and Well-Being



**"A TRADITION OF  
SERVICE"**

## BELMONT POLICE DEPT

### INTRODUCTION

The City of Belmont is a wonderful city that is comprised of a diverse population. The Belmont Police Department recognizes that there is a large dynamic of Seniors Citizens within our community which is one of the reasons why Belmont is such a fine City. We realize that many criminals are now targeting the Senior Community. Here are some friendly suggestions and reminders.

**In Case of Emergency:** Have a list of important contact numbers and medications available for family members available in a visible location in your home. Make sure your family knows which hospital you will attend in case there is an emergency.

**Vacations/Extended Leave:** Stop your mail and newspaper service. Contact the police department for house checks while you are gone. Outfit your home with Timer lights and talk to a trusted neighbor to watch your home in your absence.

### CRIME PREVENTION

**Identity Theft:** This is a very common crime made easy by current technology. Remember to keep bank account information secret and only with trusted family members. When mailing letters and bills, only use the Postal mailboxes. Leaving mail in your own mailbox makes for an easy target for thieves. Consider purchasing a locking mailbox to avoid such crimes. Don't give any personal information to anyone over the phone. This should be done in person with trusted loved-ones. Make sure to protect your personal information such as driver's license, SSN, bank account numbers, tax documents and other important information. Shred all documents containing this information before discarding.

**Scams:** Are often done over the phone or in person (such as solicitors or unannounced utility checks). If strangers offer you a large amount of money at a later date, for a smaller amount of money now, they are scamming you. Scammers are only offering a large sum of money in order to

obtain the smaller amount from you **and not pay you back!** Beware "for today only" home improvement offers presented by door-to-door contractors. Verify Contractor Licenses and check with the Better Business Bureau for complaints. Don't trust telemarketers. Lottery and contest scams are usually "too good to be true." Immediately report these scams to the Police Department.

**Elder Fraud & Abuse:** This is a crime that can occur when Seniors are either under the care of assisted living or being cared for by a family member. Whether in a facility or from the comfort of their homes, Seniors are susceptible to these horrible crimes. It is essential that family members check-in and monitor their loved-ones who are being cared for. Neglect is a form of abuse; the more involved the family, the safer one is from Elder Abuse and Fraud. Be sure to thoroughly research the facility or caretaker that is going to be caring for your dependant family member. **Remember, if you think you have been abused or taken advantage of, REPORT IT!**